

## Message from the Associate Dean

Hello all,

Hope you're all well and staying warm! The weather is very autumnal and it's time to get out the jumpers and coats as the days get colder and darker.

Last week I ran the Richmond Half marathon and set an ambitious time target for myself. I started off at a good pace only to be hampered by severe cramp around mile 11, which I then struggled to shake off. When I crossed the finish line, having not achieved my (self-imposed) time target, I focused on all the things I hadn't done to adequately prepare myself. I then later reflected with friends; I had prepared and trained for quite a few months. I should have been celebrating completing a half-marathon, not lamenting the time I took to run it. Why am I sharing this? Often in life when we're feeling time pressured, want instant decisions and feel that we need to progress as quickly as possible it's easy to lose sight of the 'bigger picture'. It's so important to take the time to reflect on what really matters, what is the true purpose of the exercise and appreciate that we all have our own individual journeys to self-development. The time we take to progress is less important than the successes we accomplish, and this is especially true when it comes to medical training.

Preparation and teamwork are key to your Foundation success. You should have all now met with your educational and clinical supervisors and thought about your first TAB (multi-source feedback). Those that are new to Foundation training, 'little and often' entries to your portfolio will help highlight your strengths but also identify areas you need to focus on. You should all have 2 hours per week of **self-development time** to enable you to keep your portfolios up to date. Consider whether your portfolio currently looks like you've done this.

To showcase other aspects of your successes, I'd like to highlight the **National Foundation Doctors Presentation Day (NFDPD)**, which will be taking place on 23<sup>rd</sup> January 2026, in Southampton. It's a great opportunity to present any work you may have undertaken during Foundation. Submission for abstracts opens next week. Please see details below.

Finally, congratulations and welcome to the new F1 representatives. All last year's reps are staying on to become F2 reps. If you are a trust/site Foundation representative then please do get in touch with your area school rep. The rep network is a really vital way to feedback to the school so we can celebrate and highlight areas of good practice, but also learn where areas need more support. We are really keen to continue improving the London Foundation School and we need your help to do this. Please see contact details of the reps at the end of the bulletin.

We look forward to hearing from you.

Best wishes,

Ali

**Dr Alice Carter**  
**Associate Dean Foundation**

## New Updates

### TAB Dates

Upcoming TAB windows are below

Tab 1: Monday 6<sup>th</sup> October 2025 – Wednesday 3<sup>rd</sup> December 2025

Tab 2: Monday 9<sup>th</sup> February 2026 – Wednesday 1<sup>st</sup> April 2026

Tab 3: Monday 27<sup>th</sup> April 2026 – Wednesday 20<sup>th</sup> May 2026

## Reminders & Guidance

### REMINDER: PSA Sittings 2025/26

Please note that PSA is an F1 exit requirement, not an entry requirement for Foundation. We do appreciate that PSA is undertaken by the majority of UK medical schools in the final year, and thus the majority of UK trained F1s will start with PSA. However, many F-IMGs will start F1 without PSA. We also acknowledge that many trusts will have their own independent prescribing assessments to ensure compliance with local prescribing policy, but this should be applied equitably to all F1s.

F1s who have still to pass the PSA can prescribe independently, with counter-signatory **where possible**. Where counter-signatory is not possible their prescriptions are equally valid to those of their colleagues. Like all F1 doctors, with or without PSA, they should seek advice when uncertain about prescribing. There is no need for any out of hours adjustments to F1s working who have not yet passed the PSA”.

Please note the dates for PSA sittings for 2025/26 (*all held at 1pm*)

- **Wednesday 15 October 2025**
- Thursday 26 March 2026
- Thursday 23 April 2026

### IMPORTANT: Foundation Doctors Resignations

Foundation doctors must resign from both the local employer (trust) **AND** the Foundation school with a minimum of one month notice. Individuals can provide a longer notice period (example current F1s that know they will not undertake their F2 year can let the school know now). Please use the PDMDE Support Portal to inform us [click here to be directed to the PGMDE Support Portal](#).

Please can trusts also advise us of any Foundation Doctors who have resigned from training (if you've not already advised us already). Unfortunately, we aren't always made aware.

### **REMINDER: TiS Checks**

Please can we remind Trust Medical Education colleagues to work with their Medical Staffing teams to regularly check Foundation Doctors' posts on TiS, against internal records. Early recognition of any discrepancies can help us all to resolve issues quickly.

### **REMINDER: The London Foundation School Webpage**

The London Foundation webpage has moved to [London Foundation School | London](#)

### **REMINDER: Contacting the London Foundation School**

Please be reminded that contact with the Foundation School Team should be through the PGMDE Support Portal, rather than to individuals email addresses or shared mailboxes. This will ensure that your query can be directed to the correct person and dealt with as quickly as possible. Please [click here to be directed to the PGMDE Support Portal](#).

### **REMINDER: F2 Responsible Officer Details**

F2s MUST ensure they are connected to the correct Responsible Officer for Revalidation. It is essential you do not connect to an NHS trust and do not contact the Responsible Officer asking them to connect to you.

You must do this yourself by following the guidance on the GMC website: <https://www.gmc-uk.org/registration-and-licensing/managing-your-registration/revalidation/my-db-tool>

*Current Responsible Officer for Foundation Doctors in London:*

- Dr Gary Wares – NHSE Education North London (North Central and East London and North West London)
- Dr Gary Wares – NHSE Education South London

### **REMINDER: SCRIPT – supporting safer prescribing practices**

The SCRIPT programme is a collection of innovative eLearning portfolios designed to encourage safe and effective prescribing and medicines management among healthcare professionals.

For the London Foundation Doctors, SCRIPT is not mandatory but highly advisable. ***The London Foundation School recommend 6 modules are completed per year as a minimum.***

SCRIPT will enhance your knowledge and confidence in prescribing correctly, improving patient safety, therapeutics and medicines management. You will receive a certificate for each module that you complete, which can be used in your online learning portfolio. SCRIPT is easy to use. You can access the modules at a time which suits you and revisit them even after completion. SCRIPT modules are particularly useful in preparation for the PSA Exam.

You can learn more about the SCRIPT eLearning programme and how to sign up by visiting [Medicine & Surgery | Safe Prescriber](#)

### **REMINDER: Study leave**

F2 doctors can undertake **one activity** aligned with their career intention as optional study leave. This can be approved by your local F-TPD.

F2s presenting as first author at a conference may also request one discretionary study leave event per programme. Please see below the steps of how F2 Doctors can apply for Discretionary Study Leave.

1. Foundation Doctor (FD) seeks support from Educational Supervisor and trust (local) Foundation Training Programme Director (FTPD).
2. Local FTPD seeks approval from the area deputy Foundation School Director (FSD)
3. Deputy FSD replies to trust TPD, including study leave team.
4. Local TPD can then reply to FD with outcome.
5. If approved, FD completes study leave form on the study leave portal.

We are not able to reply to direct emails about Study Leave, but if you have any questions please do contact the school via the PGMDE Support Portal [click here to be directed to the PGMDE Support Portal](#).

### **REMINDER: Provisionally registered doctors (F1) must not undertake formal locum posts or activities.**

Provisionally registered (PR) doctors can undertake occasional ad hoc additional/overtime shifts on their current FY placement or previous F1 placements that have formed part of their

F1 rotation, where such work is undertaken only within the limits of their current competence and with the support of their educational supervisor. When undertaking such occasional ad hoc additional/overtime work PR doctors should be clear with other members of their team about their current experience and level of competence.

### **GUIDANCE: Less Than Full Time (LTFT) Training for London**

All FDs can apply to work less than full time for a wide variety of reasons. This can improve work life balance while enabling doctors to maintain a fulfilling career.

Requests to change LTFT % (increase or decrease) require *16 weeks notice* period. This will enable departments, trusts and the school to have sufficient notice period and enable us to work to the Code of Practice. Both Foundation curriculum and Gold Guide advise that the Foundation Programme takes 2 years to complete when working full time. Timelines will therefore be adjusted pro rata when individuals undertake training LTFT.

#### **EXAMPLE.**

F1 working at 0.5 whole time equivalent (WTE):  $12 \text{ DIV } 0.5 = 24$  calendar months

F2 at 0.8 WTE:  $12 \text{ DIV } 0.8 = 15$  calendar months

In this example the whole Foundation programme would take 39 calendar months.

FDs will be issued a new end date and placement composition (specialty and possibly site of working) may change. FDs will still rotate 4 monthly to ensure they are able to attend local induction and stay in sync with colleagues. Additional 4-month posts will be allocated by the Foundation School to ensure that LTFT doctors have an educationally balanced programme. We will also liaise with Trusts regarding the timing of ARCPs.

You can apply to work LTFT via the portal. If you have any queries about working LTFT please contact us via the portal.

Please click the link below for guidance regarding Less Than Full Time (LTFT) training.  
[London Foundation School | London](#)

### **UKFPO Bulletin**

To read the latest UKFPO Bulletin access the link below:

[UKFPO Bulletin - UK Foundation Programme](#)

## **Courses, Events, Research, Surveys and Competition**

### **UKFPO Humans of the Foundation Programme**

We are delighted to announce the launch of the [UKFP 2024-25 Humans of the Foundation Programme e-book!](#)

The e-book is also available on our [Humans of the Foundation Programme webpage](#)

### **The National Interventional Radiology Symposium (NIRS) 2025 conference – Saturday 4<sup>th</sup> October**

#### **NIRS 2025**

The National Interventional Radiology Symposium (NIRS) 2025 conference will be taking place on Saturday 4<sup>th</sup> October at the University of East Anglia, New Science Building, Norwich. NIRS is the annual flagship event of IR Juniors, a special-interest committee of the British Society of Interventional Radiology (BSIR).

The event is tailored to medical students, foundation doctors, and radiology applicants. There will be expert talks on Interventional Radiology, Interventional Oncology and other hot topics in the field. There will also be a careers panel/Q&A with radiology trainees and applications advice- from the MSRA to Portfolio to Interview. Additionally there will be opportunities to get hands-on with some IR equipment courtesy of our industry sponsors.

Abstract submissions are now open for poster presentations, and the highest scoring abstracts will be selected for additional oral presentation! Abstract deadline is September 3<sup>rd</sup>.

We look forward to seeing you on October 4<sup>th</sup>!

Registration and tickets can be accessed through the BSIR webpage:

<https://www.bsir.org/events/special-interest-events/ir-juniors-events/nirs25/>

Abstract submission via our website form:

<https://www.irjuniors.com/nirs>

Event programme:

[https://www.bsir.org/media/resources/files/NIRS\\_Programme\\_.pdf](https://www.bsir.org/media/resources/files/NIRS_Programme_.pdf)

Note that attendees must purchase a ticket on the BSIR website to be granted registration and admission. Abstract presenters must register and attend the conference in order to be awarded a certificate.

### **Webinar: GP as a career – pathways, possibilities and perspectives – Wednesday 15<sup>th</sup> October 2025**

Join us for an engaging and insightful webinar hosted by Dr Mike Masding, UKFPO National Clinical Director, as we explore the diverse and rewarding career of being a GP in the NHS.

Hear from three GPs at different stages of their career, including a GPST3 doctor, an associate dean and a GP partner, all with an active interest in supporting the development of GP training. Learn about GP training pathways, the variety of practice settings and the unique opportunities GPs have in leadership, education, research, and clinical roles beyond traditional practice. This session is ideal for foundation doctors considering their next steps.

When: 15 October 2025, 18:00-19:00

Where: Virtual via Microsoft Teams. You do not need to pre-register, simply [join the webinar](#) at 18:00. The webinar will be recorded and uploaded to the [UKFPO webinars webpage](#) within two weeks of the webinar date.

Target audience: UK foundation doctors

Webinar panel:

Dr Mike Masding, UKFPO National Clinical Director

Dr Tom France, GP Registrar and RCGP Registrar Rep

Dr Ayesha Tu Zahra, Head of School for GP – East of England

Dr Pavan Uppal, Patch Associate GP Dean – East Surrey and Crawley, GP Tutor Mid Sussex

Email [foundation.educationandsupport@nhs.net](mailto:foundation.educationandsupport@nhs.net) with any queries.

### **A Career in Anaesthesia - Online Information Day – Tuesday 21<sup>st</sup> October 2025**

The Royal College of Anaesthetists is holding an informal session for medical students & foundation year doctors who are considering a [career in anaesthesia](#), on Tuesday 21 October 2025.

Anaesthetists form the largest single hospital medical specialty, and their skills are used in all aspects of patient care. Whilst the perioperative anaesthetic care of the surgical patient is the core of specialty work, many anaesthetists have a much wider scope of practice.

The career day will provide an insight into life as a trainee and consultant anaesthetist.

Sessions include:

- life as an anaesthetic trainee
- the training programme
- recruitment and application process
- pre-hospital emergency medicine
- intensive care medicine
- question and answer group sessions
- the future of the specialty, skills required and life as a consultant.

This event may be of interest to your foundation year doctors and I have attached the programme for you to publicise via your intranet, newsletters, local networks and other avenues. Booking information and a full programme can be found on [our website](#). I have also attached a couple of flyers for you to disseminate amongst your network either digitally or in printed format.

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### **NATIONAL FOUNDATION DOCTORS PRESENTATION DAY**

The UKFPO are excited to invite current FY1s and FY2s to a day of oral and poster presentations at the [National Foundation Doctors Presentation Day 2026](#)!

**Abstract submission window:** The abstract submission window open on **Mon 6 Oct 09:00**, and closes on **Mon 21 Oct 2025, 12:00 midday**.

Current F1 or F2 doctors in recognised Foundation Programmes in the UK or Malta are invited to submit abstracts relating to work undertaken during Foundation training. The categories an abstract can be submitted under are: Quality Improvement & Sustainability, Clinical Case Reports, Education, Research or Original Work and Foundation Programme and the Arts.

Check out our [previous year's highlights](#) showcasing how this dynamic annual event brings together medical professionals from all over the UK and Malta to celebrate the achievements of our foundation doctors.

Successful abstracts will be presented as 10-minute oral or 3-minute poster (mini-oral) presentations to a variety of medical colleagues including Foundation School Directors, Foundation Training Programme Directors, Educational Supervisors, the British Medical Association, the General Medical Council and more!

**When:** Friday 23 January 2026, 08:30-16:30

**Where:** Southampton Football Club, Britannia Road, SO14 5FP.

Visit the [NFDPD pages](#) for more information on the event and how to submit an abstract. Please email [foundation.nfdpd@nhs.net](mailto:foundation.nfdpd@nhs.net) with any queries.

### **Mental Health Research Incubator - career development support for students**

Explore opportunities and progress your mental health research career. Connect and collaborate with mental health researchers and professionals.

For more information, please visit the website below.

[Mental Health Research – Develop your career. Change lives.](#)

### **NHS Learning Hub: August 2024 Update**

Welcome to your [August 2024 update from the Foundation elearning programme](#)

The [Foundation elearning programme](#) covers key areas in your Foundation curriculum. It has been developed specifically for Foundation doctors by the Academy of Medical Royal Colleges in partnership with NHS England elearning for healthcare (NHSE elfh) and is approved by the UK Foundation Programme (UKFPO).

Please also look out for our posts on Twitter ([@NHSE TEL](#))

### **Access the point of care tool BMJ Best Practice for free**

BMJ Best Practice takes you quickly and accurately to the latest evidence-based information, whenever and wherever you need it.

Our step-by-step guidance on diagnosis, prognosis, treatment, and prevention is updated daily using robust evidence-based methodologies.



This tool is freely available to all healthcare professionals who work for the NHS in England. You can register for free here <https://www.bmj.com/company/hee/>

If your institution would like to receive further information on BMJ Best Practice, please contact Dr. Kieran Walsh, Clinical Director at BMJ. Dr. Walsh can deliver talks for Foundation Programme doctors at their training sessions or provide information on areas such as the local HEE/BMJ clinical champion scheme. Contact Dr. Kieran Walsh at [kmwalsh@bmj.com](mailto:kmwalsh@bmj.com).

### **New video resource for foundation doctors**

A new video for all foundation, foundation schools and trusts, helping them to understand more about the Foundation Programme Charter, has been shared.

Please [click here](#) to launch the Foundation Programme Charter video.

Further videos including Foundation Programme Review and Self Development time can also be found [here](#)

### **NHS Induction Programme for International Medical Graduates - e-learning for health**

The National Induction programme has been designed to ensure that all international medical graduates (IMGs) recruited to the NHS are welcomed, valued, and supported as they transition to UK clinical practice.

Please use the following link to access the programme: <https://www.e-lfh.org.uk/programmes/nhs-induction-programme-for-international-medical-graduates/>

### **Foundation Careers & Coaching Events Team**

#### *Careers Conversation*

All foundation trainees can have an individual careers conversation with one of our career coaches which can be arranged by completing the application form at the following link:

<https://london.hee.nhs.uk/professional-support-and-development/careers-unit/apply-careers-advicecontact-us/careers-application-form>

[Self-Awareness | London \(hee.nhs.uk\)](#)

[Career Exploration | London \(hee.nhs.uk\)](#)

Please find links to revised Career Planning webpages for Foundation doctors in training containing new content, resources and videos.

[Foundation Doctors | London \(hee.nhs.uk\)](#)

All current F1/2 Doctors in London can also access up to three 1-2-1 careers appointments with experienced PSU careers consultants. Application form can be found here:

[Careers Application 2024 | London \(hee.nhs.uk\)](https://hee.nhs.uk)

Please note previous London foundation doctors who are taking an F3 can still access 1-2-1 PSU careers appointments up to 3 months after they complete their Foundation training

## School Foundation Reps

If you wish to contact us as the Foundation School representatives, please email us.

Please see contact details for appointed London Foundations School Reps below:

| Sub-Region/Group        | Grade | First Name  | Surname                    | Email Address                            |
|-------------------------|-------|-------------|----------------------------|------------------------------------------|
| North East London       | F1    | Bishoy      | Yassa                      | Bishoy.yassa@nhs.net                     |
| North East London       | F2    | Alisha      | Kassam                     | alisha.kassam@nhs.net                    |
| North Central London    | F1    | Jessica     | Falk                       | j.falk@nhs.net                           |
| North Central London    | F2    | Kinan       | Wihba                      | k.wihba@nhs.net                          |
| North West London & SFP | F1    | Grace       | Waterman                   | Grace.waterman@nhs.net                   |
| North West London & SFP | F2    | Federica    | Re                         | federica.re1@nhs.net                     |
| South East London       | F1    | Ridthwan    | Adigun                     | Ridthwan.adigun3@nhs.net                 |
| South East London       | F2    | Alexander   | Martindale                 | alexander.martindale@nhs.net             |
| South West London & SFP | F1    | Archie      | Ajayi                      | Archie.ajayi@stgeorges.nhs.uk            |
| South West London       | F2    | Diego       | Agustín Abelleira Lastoria | diego.abelleiralastoria@stgeorges.nhs.uk |
| IMG Pan London          | F1    | Girishkumar | Sivakumar                  | Girishkumar.sivakumar2@nhs.net           |
| IMG Pan London          | F2    | Maria       | Mankarious                 | Maria.mankaruis@gstt.nhs.uk              |